

# Mark your calendars now . . .

**“GENERATIONS 2007”**

**April 19-20, 2007**

**Hilton - Salt Lake City Center**

**Join the new public-private partnership between the Utah Division of Substance Abuse & Mental Health and other public and private partners who will be presenting this annual spring conference to educate professionals dealing with so many critical issues of our generation - - -**

## **SOME OF THE ISSUES . . . . .**

- A significant portion of the U.S. health crisis is the burden of suffering experienced by individuals and families facing mental health disorders.
- Mental disorders and mental health problems appear in families of all social classes and backgrounds. About one in five Americans experiences a mental disorder in the course of a year.
- Mental disorders are the leading cause of disability in the U.S. and Canada for ages 15-44.
- About 45% of those with any mental disorder meet criteria for two or more disorders.
- About 10% of the U.S. adult population use mental health services in the health sector in any year, with another 5% seeking such services from social service agencies, schools, or religious or self-help groups. Yet critical gaps exist between those who need service and those who receive service.
- 41 million Americans were uninsured in 2001 according to the U.S. Census Bureau report.
- Mood disorders take a monumental toll in human suffering, lost productivity, and suicide. Moreover, when unrecognized, they can result in unnecessary health care use.
- Major depression affects 15% of Americans at some point during their lives; 100 million people on any given day.
- Anxiety disorders are the most prevalent mental disorders in adults.
- Mental illness, including suicide, accounts for over 15% of the burden of disease in established market economies such as the U.S.. This is more than the disease burden caused by all cancers.
- Approximately 15% of all adults who have a mental disorder in one year also experience a co-occurring substance use disorder, which complicates treatment.
- Approximately 1 in 5 youth experience signs and symptoms of a DSM-IV disorder during the course of a year.
- Mental functions, disturbed in mental disorders, are mediated by the brain. In the process of transforming human experience into physical events, the brain undergoes changes in its cellular structure and function.
- In 1996, the direct treatment of mental disorders, substance abuse, and Alzheimer's disease cost the nation \$99 billion; direct costs for mental disorders alone totaled \$69 billion. In 1990, indirect costs for mental disorders alone totaled \$79 billion.
- There is considerable diagnostic overlap between social phobia and avoidant personality disorder, and between rapid-cycling (cyclothymic) forms of bipolar spectrum and borderline personality disorders.

- Nearly 6% of men and over 1% of women have an antisocial personality disorder.
- Schizophrenia affects about 1 percent of the population, yet its severity and persistence reverberate throughout the mental health service system.
- Bipolar disorder affects more than 2.3 million American adults, or about 1% of the population, in a given year. Without effective treatment, the illness can lead to suicide in nearly 20 percent of cases.
- About 70 million Americans suffer from a sleep problem; among them, nearly 60% have a chronic disorder. These phenomena add an estimated \$15.9 billion to the national health care bill each year.
- Caring for a disabled spouse or parent is generally viewed as stressful. The impacts can include depression, anxiety, poor physical health, and relational conflicts. In one study 87% of respondents said that the most frequently encountered stressor in parent care was dealing with the parent's emotional problems or moods.
- Some studies have found that 80% of middle-aged individuals had a "crisis".
- As many as 67% of children diagnosed with ADHD will continue to have symptoms of the disorder that significantly interfere with academic, vocational or social functioning in their adult lives.
- Substance abuse significantly predicts the later occurrence of psychiatric disorders, including major depressive disorder (MDD), alcohol dependence, and substance use disorders (SUDs).
- Physical frailty is a major cause of long-term care needs, afflicting more than 3.25 million older Americans. This is a physical condition with potentially detrimental impact on mental conditions.
- The suicide rate for 15 to 24 year olds has nearly tripled since 1960. (*National Mental Health Association*) It is the second leading cause of death among college students (est. 1,088 on campuses / year). Despite this enormity, it was 2001 before the Surgeon General released the first national suicide prevention strategy.
- On average, a confirmed pedophile abuses 100-250 children in his lifetime.
- Some studies suggest about 15% of adults recall a childhood sexual assault or sexual abuse incident.
- Grief, a common phenomenon throughout life, may be far more complex than previously thought.
- Each year, new or recurrent panic disorder strikes more people than stroke, epilepsy, or AIDS.

## CONFERENCE PURPOSE

To join treatment professionals & increase knowledge of behavioral health and substance abuse issues facing their clients in order to develop and implement effective prevention and intervention programs and strategies – in individual practices / programs and in communities.

## SAMPLING OF PROPOSED CONFERENCE TOPICS

Anxiety Spectrum  
 Axis I, II & III Disorders  
 BiPolar Disorder  
 Caregiving  
 Cultural Competencies  
 DBT, CBT, IRT, Etc.  
 Depression  
 Detox Issues & Treatments  
 Ethics  
 Family Dynamics

Genetics  
 Geriatrics  
 Late Life Issues  
 Loss & Grief  
 Medicine + Psychotherapy  
 Memory Loss  
 Mental Health Laws  
 Neuroscience Frontiers  
 Non-Responders  
 Pain

Pornography  
 Psychopathology  
 Psychopharmacology  
 Relationship Issues  
 Schizophrenia  
 Sexual Issues  
 Sleep Disorders  
 Substance Use Disorders  
 Suicide

*And.....MORE!*

For programs or other information,  
call, 801-501-9446